

Healthy Families Healthy Youth Pilot: Preliminary Survey Evaluation Report

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Prepared by:



A R I Z O N A S T A T E U N I V E R S I T Y

Office of Evaluation and Partner Contracts

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Table of Contents	Page
Executive Summary	1
Background	2
<i>Methodology</i>	3
Results	
<i>Youth Post-Program Survey Results</i>	5
<i>Adult Post-Program Survey Results</i>	11
<i>Facilitator and Coordinator Training Results</i>	18
<i>SIRC Staff Observations</i>	22
<i>Facilitator and Coordinator Post-Program Survey Notable Comments</i>	23
Conclusion	24
Recommendations	24
Appendix A: HFHY Pilot Program Calendar	25

Executive Summary

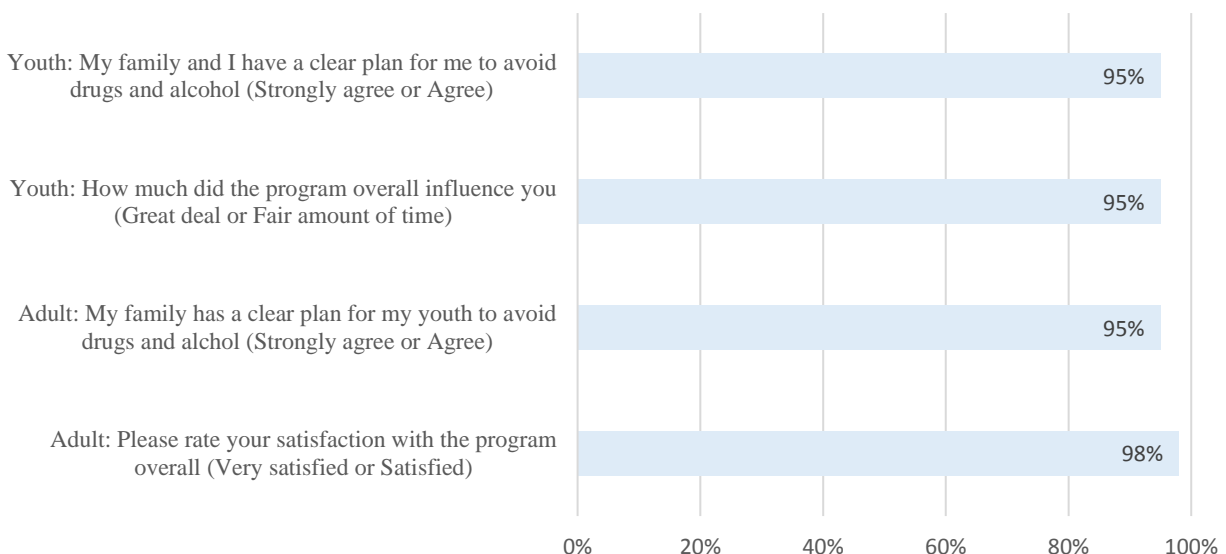
This report presents the preliminary results from the multi-part evaluation of the Healthy Families Healthy Youth (HFHY) Pilot Program for the period of March 1, 2016 to November 21, 2016. Data were collected from facilitators, coordinators, youth and adults. Facilitators and coordinators participated in a training prior to the event, and then implemented the two-plus hour program at the schools. Youth who were in the 7th grade were invited to attend the after-school program along with their parents or caregivers. A total of 948 youth and adults returned surveys.



Facilitator addressing parents and youth in Payson

Youth and adults completed Post-Program surveys immediately following the completion of the program. The results for both youth and adults were extremely positive. When youth were asked to what degree various aspects of the program influenced them, 90% or more of participants said they were influenced *A great deal* or *A fair amount* for each aspect measured. Additionally, when asked what impact the program had on their knowledge, attitudes and behaviors related to drugs and alcohol, 90% or more of youth stated they *Strongly agree* or *Agree* with each statement. Adults also reported positive results from participating in the program. Over 90% of adults stated they *Strongly agree* or *Agree* that various aspects of the program had a positive impact on them, and over 91% of adults said they were *Very satisfied* or *Satisfied* with all portions of the program.

Figure 1. Program Highlights.





Facilitator addressing parents and youth in Payson

Background

*Been here 30 years and I was amazed at the parents and students working together to form a plan for saying no. I felt that the material was non-threatening and blameless which gave our parents and students the freedom to carry on serious discussions.
(Comment from Youth Facilitator)*

In 2016, the Southwest Interdisciplinary Research Center (SIRC) Office of Evaluation and Partner Contracts was contracted by the Governor's Office of Youth, Faith and Family (GOYFF) to evaluate the Healthy Families Healthy Youth (HFHY) Pilot Program. The Healthy Families Healthy Youth Pilot Program was developed as a collaboration between the Pima Prevention Partnership (PPP) and the Governor's Office of Youth, Faith and Family. The program was developed for 7th grade students and their parents to improve knowledge about the effects and risks associated with the use of different drugs, as well as improve communication skills between youth and their parent(s)/caregiver(s). The culminating experience of this program is the development of a substance use prevention plan for youth and parents to use throughout the school year. The pilot has been implemented in all 15 Arizona Counties, however, Apache County did not participate in the initial evaluation. Pilot schools were selected with the guidance of County School Superintendents.

The program maintained a similar structure across all schools, although schools were offered full discretion in dates and times of program implementation. Additionally, schools were given the ability to determine food, recruitment and incentives for those families who participated. The majority of schools chose to conduct a single event all but one of which took place in September 2016; five schools (Rio Rico, Yuma, Parker, Morenci and Prescott) chose to conduct two sessions, as reflected in the calendar in Appendix A.

The program took place over the course of two and a half hours, beginning with an introduction for both the youth and parent(s)/caregiver(s), and then separate sessions for youth and adults. During these separate sessions, youth and adults were given information about drug use and avoidance strategies, and were provided conversation starters to help initiate constructive dialogue later in the program about family communication and avoiding drugs and alcohol. Youth and adults were then brought together to share a meal and begin the development of the family drug prevention plan. Recruitment and logistics for these programs was done at the discretion of each school with the help of their program coordinators and school staff.

Methodology

SIRC was involved at multiple stages of the project development and responsible for all evaluation activities. During the program development phase, SIRC staff was on hand to offer insights into logistics and implementation. After the development of the curriculum, SIRC staff, with input from GOYFF and PPP staff, worked to develop several evaluation instruments to examine the effectiveness of the HFHY Pilot Program. All instruments and protocols were submitted to and approved by the Arizona State University Institutional Review Board for Human Subjects Research.

The first evaluation tool was developed to assess the Healthy Families Healthy Youth Facilitator and Coordinator Training. This survey was offered online, and eventually in paper, to all program facilitators and coordinators. The online version of the survey was delivered via an email link to Qualtrics sent by GOYFF staff on July 19, 2016, and 41 individuals completed the online version of the survey. After receiving feedback from the facilitators and coordinators, the survey was then offered in-person and online beginning on July 25, 2016, and 46 individuals completed the in-person version of the survey for a total of 87 individuals completing the survey.

The next evaluation tools were surveys developed for adults and youth. These surveys were completed immediately following the completion of the program. These Post-Program Surveys were conducted in-person, and were administered by SIRC staff. SIRC staff read through the consent and survey instructions and ensured all survey participants turned in appropriate survey documentation. Adults were responsible for reading and signing a one page consent form for their participation in the survey, and were asked to provide an additional signature giving permission for their youth to participate in the survey. Only those who signed the form twice were permitted to turn in the adult and youth surveys. The consent forms were collected by SIRC staff, and kept separate from the surveys to ensure participant anonymity. For the 14 HFHY pilot programs, there were 496 adults who completed the Post-Program Survey and 452 youth who

completed the Post-Program Survey. The findings of these surveys are detailed in the Results section.

In addition to administering Post-Program Surveys, SIRC staff were also asked to observe the events and record any comments, observations or concerns. Any major successes or deviations were noted on the observation forms. Additionally, start and end-times were collected along with a count of the number of participants. Though no formal analysis was completed for these forms, a breakdown of key themes and ideas are shown in the Observation Results section of the report.

Adults and youth were asked to complete Post-Program surveys immediately following the program, but given the additional responsibilities connected to conducting the event, facilitators and coordinators were asked to complete the Post-Program survey online in the days following the event. Once again using Qualtrics survey software, survey links were sent to each school coordinator to distribute to all of the individuals involved in the implementation of the program. The links were usually sent within a week of the school completing implementation of the program. Currently not all surveys were completed, and thus data are not reported.

Finally, follow-up surveys for youth, adults and coordinators have been developed for distribution approximately three months following the completion of the HFHY Pilot Program. These surveys are on schedule to be distributed and completed in December. These surveys will be distributed online via Qualtrics or in paper copies available at the offices of the participating schools.

Results

Youth Post-Program Survey Results



Youth engaged in the youth only portion of the HFHY Event Bisbee

At the end of the HFHY Pilot Program both youth and adults were requested to complete a brief survey, collecting information about their experience participating in the HFHY Pilot Program, the impact of the program, and their satisfaction with the program. The youth survey took between five and 15 minutes and was only offered in English. All surveys and consent forms were given to adults, and adults were asked to read and sign the information letter giving permission for themselves and their youth to take the surveys. The first page of the Youth Survey provided the youth with information about the survey and informed them that participation was voluntary. Youth were able to choose whether they completed the survey or not. Only youth who had parent or guardian permission were able to complete the Post-Program Survey.

Youth Post-Program Survey Results

Among the 14 HFHY Pilot schools there were 451 youth who completed the Post Program survey. As part of the survey, youth were asked to select the ethnicity or ethnicities with which they identified. There were 432 responses related to ethnicity, with some members selecting more than one ethnicity. The results showed a diverse set of youth who completed the survey, and a detailed breakdown is shown in Figure 3. The most common ethnicity was *White/Anglo* with 39% of respondents selecting this choice, followed by *Mexican or Mexican American* with 33%. The next most selected ethnicity was *American Indian* with 13%, followed by *Other Hispanic* (6%), *Asian* (5%), *African American* (4%), and one individual (0.2%) selected *Other ethnicity*. Additionally, survey participants were asked to select their gender, with the majority of participants being *Female* (55%). *Males* represented 44% of the survey participants and 1% of individuals stated the *Preferred not to respond*.

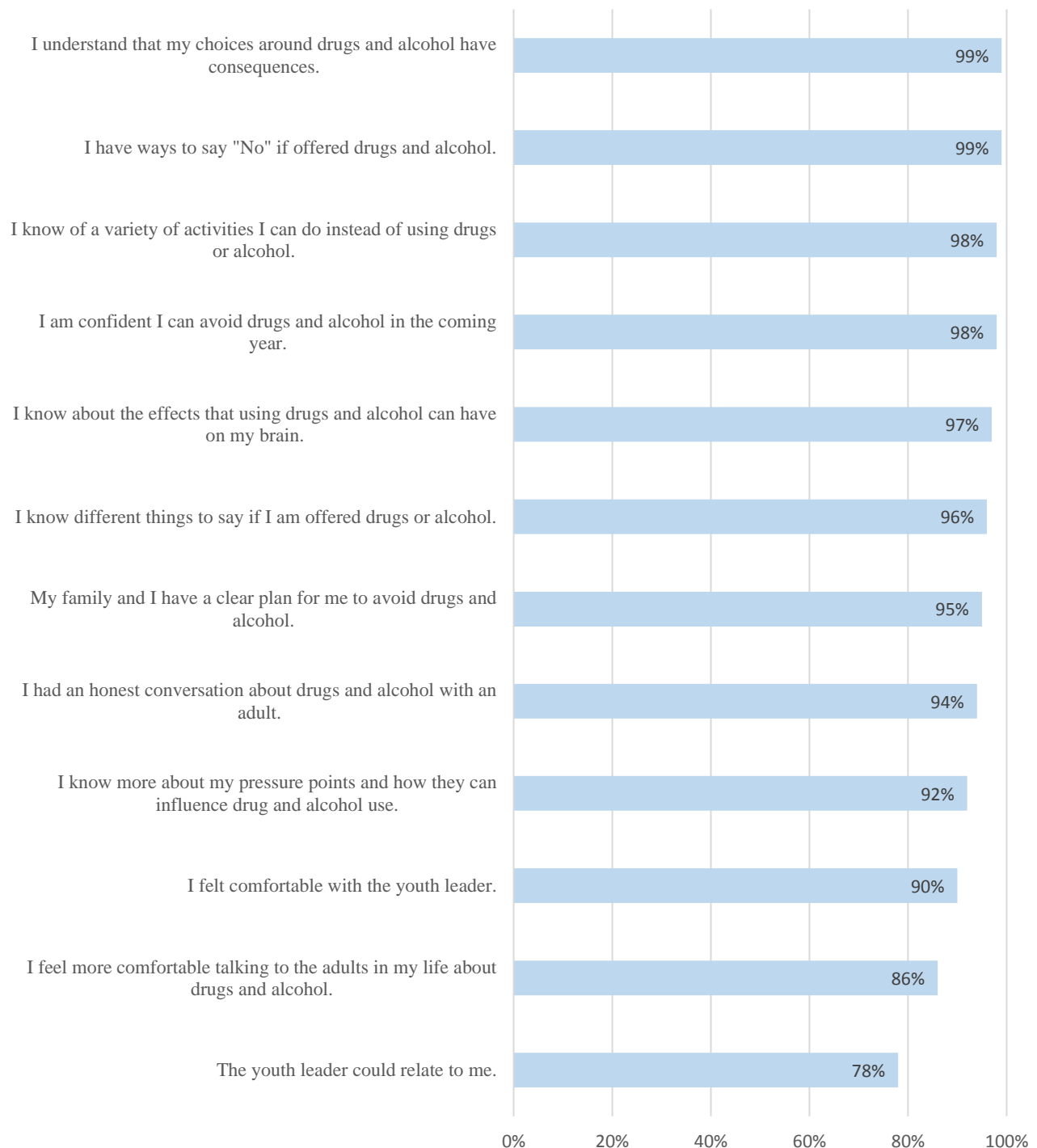
Table 1: Ethnicity of Youth Participating in the HFHY Pilot.

	American Indian	African American	Asian	White	Mexican	Other Hispanic	Other Ethnicity
Number	56	17	21	170	142	25	1
Percentage	13%	4%	5%	39%	33%	6%	0.2%

The first question on the Youth Survey asked the youth to self-report the impact of the HFHY Pilot Program. Youth were given 12 statements, and were asked to rate the level to which they agreed or disagreed with each. This question used a five point scale with answers: *Strongly agree*, *Agree*, *Neither agree nor disagree*, *Disagree*, *Strongly Disagree*. For each of the 12 statements, the majority of participants, between 78% to 99%, stated they *Strongly agree* or *Agree* with the positive impact of that aspect of the program. One highlight from these findings was that 95% of youth surveyed said they *Strongly agree* or *Agree*: *My family and I have a clear plan for me to avoid drugs and alcohol*. The question with the lowest level of agreement (78%), was *The youth leader could relate to me*.

Figure 2: Youth Impact HFHY Program.

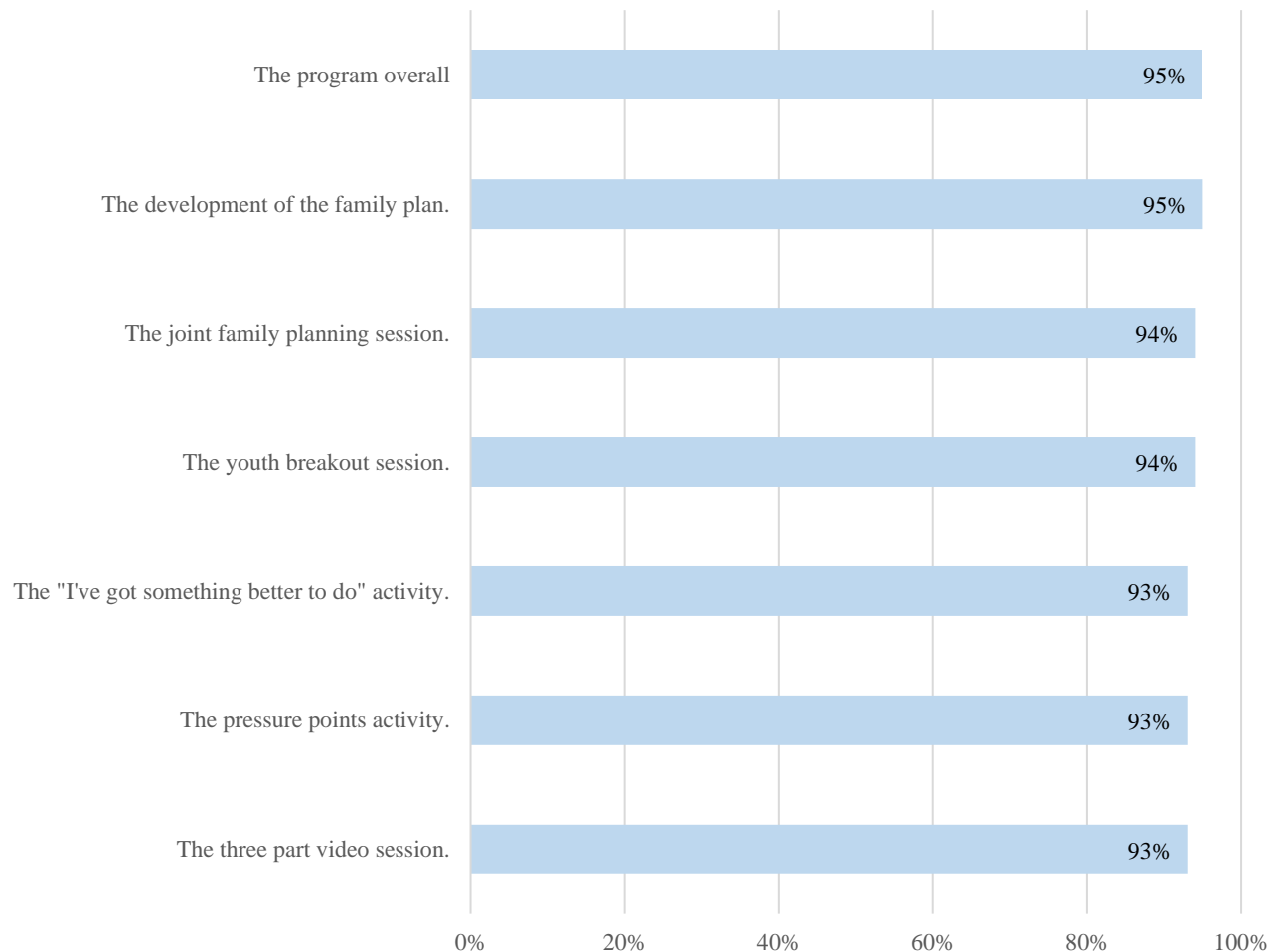
Percentage responding *Strongly agree* or *Agree* with each of the following.



The next section asked on the Youth Survey asked them to self-report the influence of the HFHY Pilot Program. Youth were asked about seven parts of the HFHY Program, and were asked to rate the level of influence of each. This question used a four point Likert Scale with answers: *A great deal*, *A fair amount*, *A small amount*, *Not at all*, and *I don't remember*. For each part of the HFHY Program that was examined, the majority of youth, 93% to 95%, stated they were influenced *A great deal* or *A fair amount*. The portions of the HFHY Program which had the lowest level of influence according to participants were: *The "I've got something better to do" activity*, *The pressure points activity*, and *The three part video sessions*, though these still had 93% of participants saying they were influenced *A great deal* or *A fair amount*. When youth were asked about the program overall, 95% of participants said they were influenced *A great deal* or *A fair amount*.

Figure 3: Influence of the HFHY Program on Youth.

Percentage responding *A great deal* or *A fair amount*.



Youth Post-Program Open-Ended Questions Results

Finally, participants in the Youth Survey were asked two open ended questions regarding their opinions about the HFHY Program. These open ended questions gave the opportunity for participants to provide more detailed feedback about the program. The first question asked: *What did you like about the Healthy Families Healthy Youth Program?* Overall, the youth participants liked the activities that were planned in the HFHY Program. The participants mentioned how they enjoyed learning about the effects that drugs have on their body. Youth also mentioned how they enjoyed the opportunity to converse with their parents about drugs and also create a family plan, which was a popular activity. A variety of representative responses from this open ended question are shown in Table 2.

Table 2: What Youth liked about the HFHY Program.

Not using drugs, being together with my family.
I liked that they made us talk to an adult about what to do with drug.
What I like about the Healthy Families Healthy Youth program is the three part video session and the pressure points.
The videos
Getting a chance to learn how drugs affect my body.
The youth session
I like that it taught me different ways to say no to drugs.
The parent discussion
I liked how we were able to listen to videos about people who went through what other kids are going through.
I liked the video's and youth leader. The cake was good too!
I like that it taught me different ways to say no to drugs.
The family planning
I like when we plan the family plan, and the videos we watch to keep away from any drugs.
I think they are doing a great job trying to keep kids healthy and clean.
I liked the videos and that the parents and youth talked about certain issues.
I thought it was amazing how people can be so cool about it.
I liked how it brought us together and we were able to talk to each other in a great way. Also, that we learned to not do drugs because it's bad for us.
I liked all the activities the program provided us, especially the fact that the activities were completely relevant to drugs and alcohol abuse. This program has definitely provided me interesting info about drugs and how to avoid it.

The second open-ended question on the Youth-Survey was: *How could the HFHY Program be better?* Though many participants explicitly said that nothing should change, some offered ideas for how the program could be improved. Some youth mentioned they preferred it to be less scripted and would have liked to see real life videos about experiences that have happened to real people. Others mentioned having more people involved and providing more hands-on/engaging activities. Additionally, multiple individuals mentioned wanting to have translators available for the Youth Session as well. Several selected responses are shown in Table 3.

Table 3: How could the Healthy Families Healthy Youth Program be better?

Show more real life videos about experiences that have happened to real people.

It could get more people involved.

If they could explain more in Spanish.

Making the program shorter would definitely be better.

I thought it was great and there isn't really anything needing improving.

The Healthy Family Youth Program could be better if some of us could share some of the things that stress us out with the kids our age.

By showing us pictures of a before and after pictures of the organs or systems of using drugs and drinking alcohol

It's great how it is.

It could be all 4 grades.

Make it less scripted.

If it were a mandatory thing for kids because the kids that are responsible enough to give the papers to their parents are well informed already.

I think it was perfect because it showed information about more drugs, and we felt comfortable talking to our parents, and we got to discuss what we learned at the Healthy Families Healthy Youth Program.

More hands on activity.

I can't think of anything I barely felt the time go by.

If they did more with the families together. Although they did a great job.

Coming up with games to further engage the students, and further explain dangers of substance abuse.

Adult Post-Program Survey Results



Adults looking through Parents Toolkit Snowflake, AZ

Similar to the Youth Survey, the Adult-Survey took between five and 15 minutes to complete, and the majority of participants were able to complete the surveys. The survey and survey instructions were also offered in Spanish to accommodate any non-English speaking participants. SIRC staff was on hand to read through the instructions and explain the consent process. On the consent form, adults were asked to provide two signatures, the first signature was the adult consenting to take part in the survey, and the second signature was the adult granting permission for their youth to complete the survey. SIRC staff collected all consent letters and surveys to ensure the proper consent was given, and answered any questions about the survey and survey process.

Adult Post-Program Survey Results:

Among the 14 HFHY Pilot schools, 496 adults who completed the Post-Program survey. As a part of this survey, adults were asked to select the ethnicity or ethnicities with which they identified. There were 494 responses related to ethnicity, with some participants selecting more than one response. The results showed a diverse set of adults who completed the survey, and a detailed breakdown is shown in Figure 5. The most common ethnicity was *White/Anglo* with 43% of respondents selecting this choice, followed by *Mexican or Mexican American* with 27%. The next most selected ethnicity was *American Indian* with 14%, followed by *Other Hispanic* (7%), *Asian* (4%), *African American* (3%), and *Other ethnicity* (1%). Additionally, survey participants were asked to select their gender, with the majority of participants being *Female* (74%). *Males* represented 25% of the survey participants and 1% of individuals stated the *Preferred not to respond* and one individual wrote-in their gender (the response being *queer*).

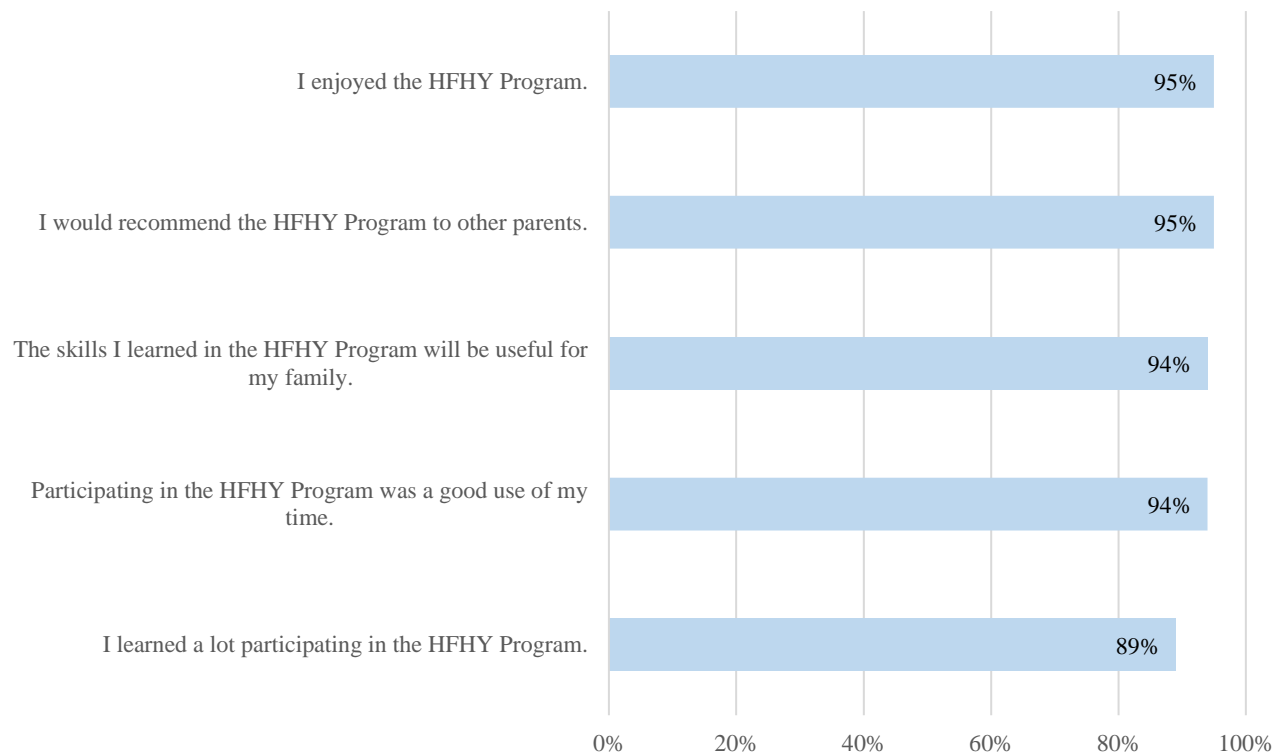
Table 4: Ethnicity of Adults Participating in the HFHY Pilot.

	American Indian	African American	Asian	White	Mexican	Other Hispanic	Other Ethnicity
Number	67	16	21	211	135	37	7
Percentage	14%	3%	4%	43%	27%	7%	1%

The first question on the Adult Survey asked adults to rate their experience with the HFHY Program. Adults were given five statements, and were asked to rate the level to which they agreed or disagreed with each. This question used a five point scale with answers: *Strongly agree*, *Agree*, *Neither agree nor disagree*, *Disagree*, and *Strongly Disagree*. The majority of participants, from 89% to 95%, stated they *Strongly agree* or *Agree* with all five of the statements. The question with the lowest level of agreement (89%), was *I learned a lot participating in the HFHY Program*. One highlight from this section is that 94% of adults surveyed said they *Strongly agree* or *Agree* that *The skills I learned in the HFHY Program will be useful for my family*.

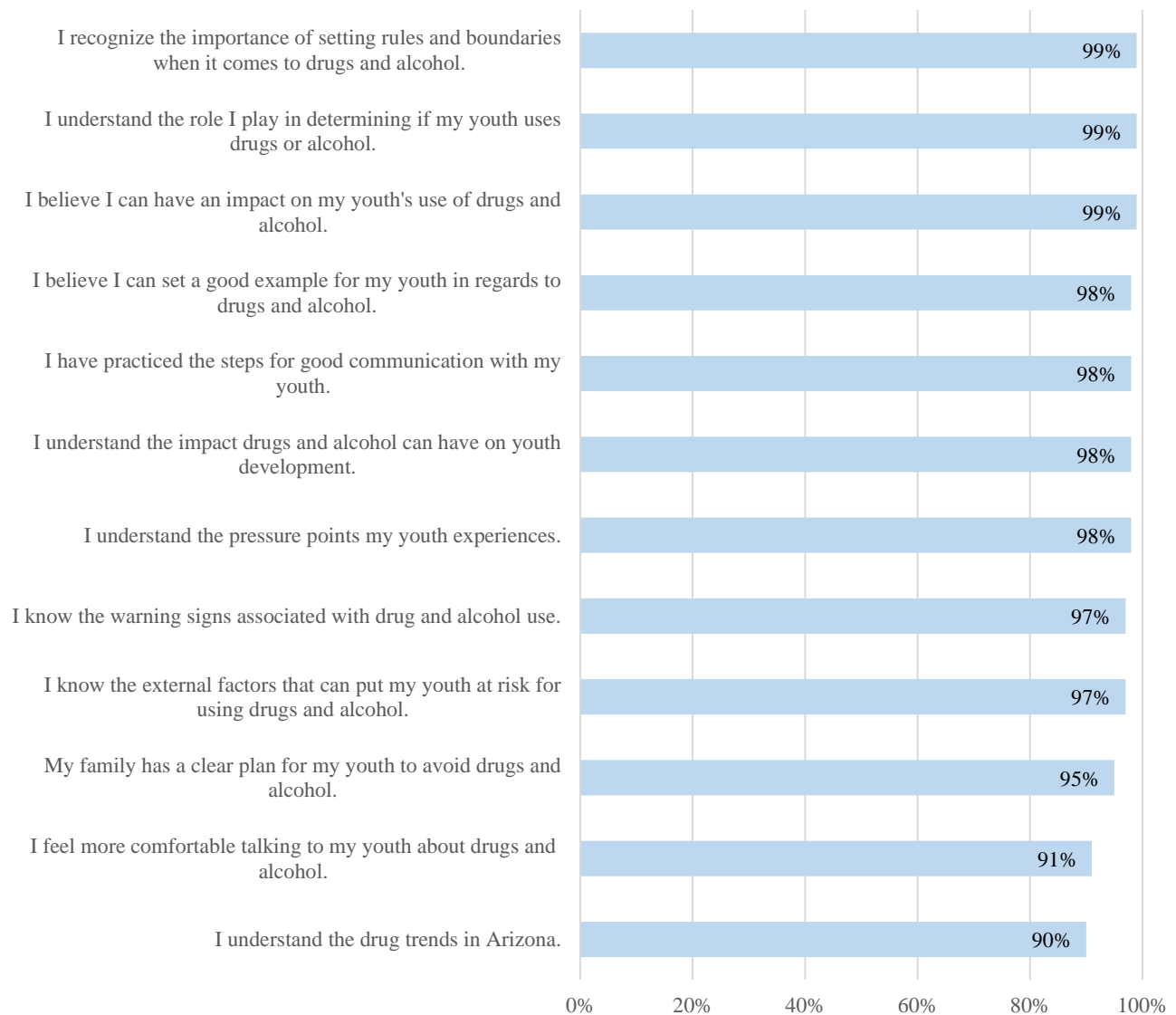
Figure 4: Adult Experience with the HFHY Program.

Percentage responding *Strongly agree* or *Agree* with each of the following.



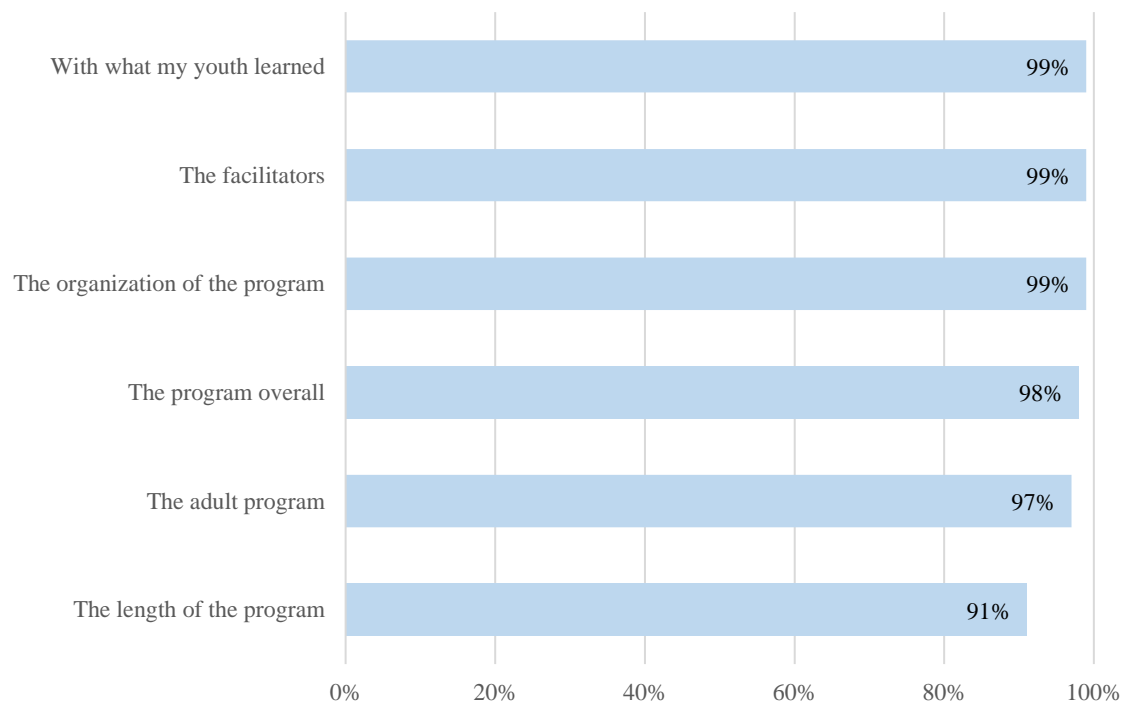
The next question on the Adult Survey asked adults to self-report the impact of participating in the HFHY Program. Adults were given 12 statements, and were asked to rate the level to which they agreed or disagreed with each. This question used a five point scale with answers: *Strongly agree*, *Agree*, *Neither agree nor disagree*, *Disagree*, and *Strongly Disagree*. The majority of participants, from 90% to 99%, stated they *Strongly agree* or *Agree* with all 12 of the statements. The question with the lowest level of agreement (90%), was: *I understand the drug trends in Arizona*. Within this section, there was no statement with below 90% agreement.

Figure 5: Self-reported impact of HFHY Program on Adults.
 Percentage responding *Strongly agree* or *Agree* with each of the following.



The next question on the Adult Survey asked adults to rate their satisfaction with various elements of the HFHY Program. Adults were given six statements, and were asked to rate their level of satisfaction. This question used a four point Likert Scale with answers: *Very Satisfied*, *Satisfied*, *Dissatisfied*, and *Very Dissatisfied*. The majority of participants, from 91% to 99%, stated they were *Very Satisfied or Satisfied* with all six of the statements. The question with the lowest level of agreement (91%), was in regards to the length of the program. Within this section, there was no statement with below 90% agreement, and 98% of participants stated they were *Very Satisfied or Satisfied* with the program overall.

Figure 6: HFHY Program Satisfaction.
Percentage responding *Very satisfied or Satisfied*.



Adult Post-Program Open-Ended Questions Results

Finally, participants in the Adult Survey were asked two open ended questions regarding their opinions about the HFHY Program. These open ended questions gave the opportunity for participants to provide more detailed feedback about the program. The first question asked: *Which part(s) of the Healthy Families Healthy Youth Program was (were) most beneficial? Why?* Overall, the adult participants enjoyed the program and recognized the important information provided in the HFHY Program. The participants mentioned how they enjoyed having the opportunity to have open dialogue with their youth, and having the opportunity to create a plan. Adults also appreciated having up to date information on drug trends and risks which are facing their youth. Several selected responses from this open ended question are shown in Table 5.

Table 5: Most Beneficial Part of HFHY Program.

Making the family plan and finding alternative family fun ideas. Understanding my child's pressure points so I can modify my behaviors to help.
Being in a setting where my child and I could both learn about the dangers of substance abuse.
The Family Prevention Strategies. Ideas to improve family home life.
Communicating with my daughter about the topic and her understanding of drugs and alcohol.
How to deal with peer pressure.
Videos, one on one talk w/ child.
The info on new drug trends.
The youth-adult activity together.
I enjoyed the adult education and videos.
The facts.
Coming together in open dialogue was important for our child to receive a wanted message in a way that was open, honest, and positive; and also gave him an opportunity to contribute to the dialogue.
Making the family plan and finding alternative family fun ideas. Understanding my child's pressure points so I can modify my behaviors to help.
Communication tips.
Learning about current drug trends.
Education on drug use trends of youth today, social networking.
Learning about social media pressures & the new types of drug paraphernalia.
Being able to have a formal venue for discussion outside of the home that is structured.
The whole program is very helpful to give me the confidence to talk with my child.
Sitting with my child and discussing the issues. The adult presentation taught me some new things and was a good refresher of things I was already aware of.
Opening a dialogue w/ my kids.
Examples from real people.
Everything.
Healthy youth, healthy families' booklet.

The second open-ended question on the Adult-Survey asked adults: *Please provide any additional comments or suggestions.* The most common comment given by parents was in regards to time; although most of those who commented felt the program was too long, a few felt the program would benefit from more time. There were several ideas brought forward for how the program could be improved. Some adults mentioned how the program was a little monotonous with the presenter reading from the script. Others participating in the program hoped the adult session could be a little more engaging. Many commented on the necessity of this program and their gratefulness for it being offered in their community. Several selected responses are shown in Table 6.

Table 6: Additional Adult Comments.

Keep the program going very interesting and helpful.

Have this for all grades.

Too long! Shorten it up and it will be great!!

Good job- important information.

Excellent program.

Keep this going- we need to reach out to other family's- It's not just about drugs and alcohol- It's also about your child – stress.

Page #'s on the handout.

The content of the program was canned and felt remote. Very little, if any, conversation was encouraged during the adult session. No room was given to deal with the possible implications of legalized marijuana in this state. No discussion was facilitated regarding a family's decision to allow their minor to partake of an introduction level to alcohol consumption. The program has potential but it's not been reached tonight.

More examples of what to say to our kids- like cheat sheet, maybe bringing a family who had to deal with it and how it affected each member.

I thought the program was very good and useful. Just very long presentation. Maybe not so much time in between answering questions. But good info and good to know how my daughter prioritized her stresses.

The speakers needed more preparation so it was more conversational. There needs to be more info about when kids are exposed to drugs (not everything is peer pressure).

This program needs to be made more available and target "at risk" youths. Obviously the parents who attended tonight are already "involved" parents it needs to be able to bring in the less involved parents.

We had very little notice of the event - would like to know earlier as I only heard of it by word of mouth. Also - acoustics in the alumni hall made it difficult to hear the facilitator.

I think this is a good opening program for our youth.

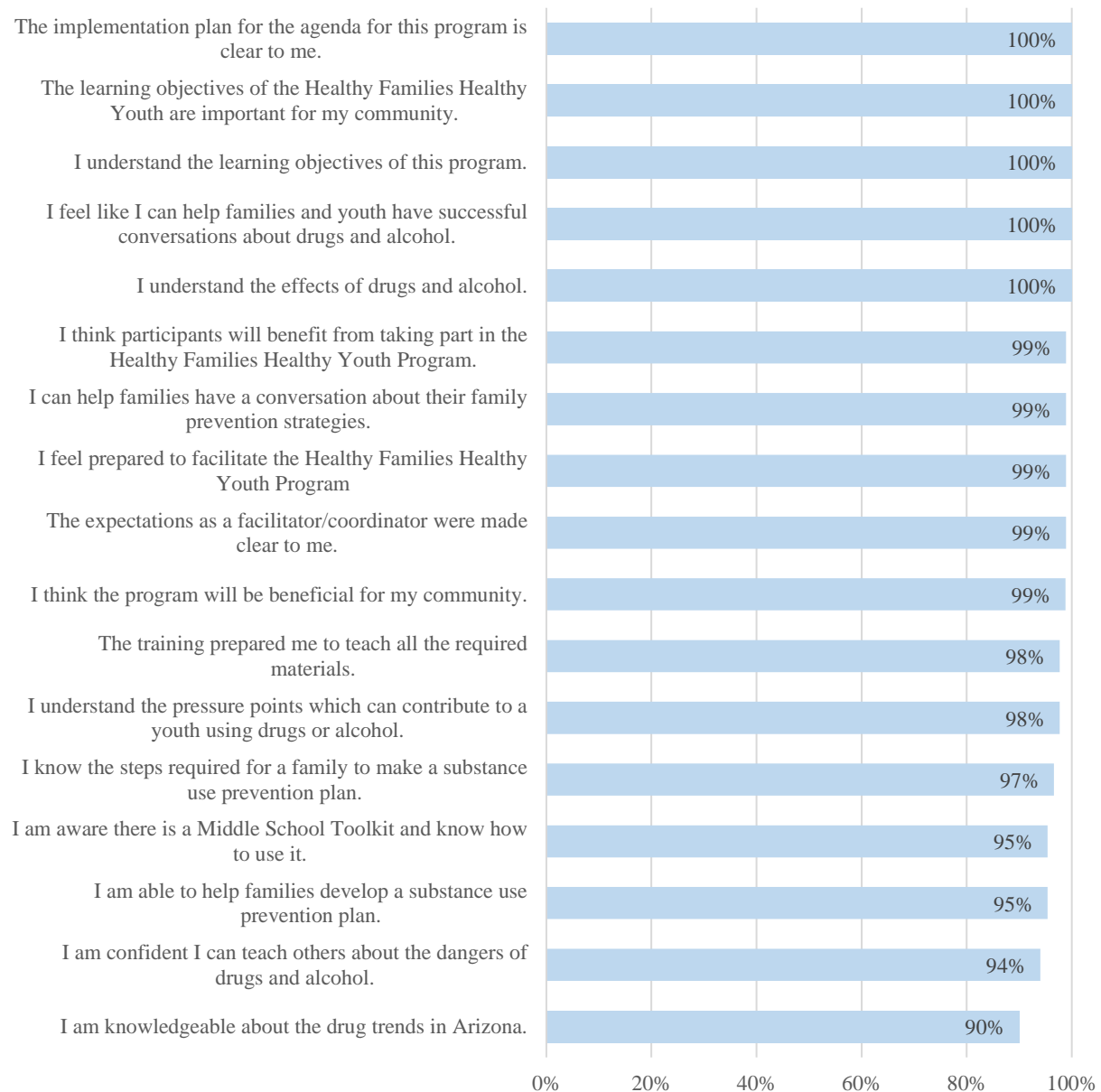
Facilitator and Coordinator Training Results

Beginning in July 2016, the Pima Prevention Partnership in collaboration with the Governor's Office of Youth, Faith and Family conducted trainings for youth facilitators, adult facilitators and coordinators of the HFHY Program. The trainings were conducted in each county in Arizona, with the exceptions of Apache and Graham (co-trained in Greenlee County). After completing the full-day training, participants were asked to complete a brief post-training survey. Surveys were initially only offered online, but eventually paper copies of surveys were provided. There were a total of 87 surveys collected with 41 being completed online, and the remaining 46 completed in-person. Participants were asked a variety of questions ranging from their ability to conduct the training to their satisfaction with various aspects of the training.

Facilitator and Coordinator Survey Results

The first set of questions asked participants a variety of questions to assess their self-reported preparedness and knowledge of the materials presented in the training and their level of confidence presenting the materials. The results from the first questions are listed in Figure 7. For each statement, the majority of participants stated they *Strongly agree* or *Agree*. The percentages of individuals who answered *Strongly agree* or *Agree* ranged from 90% to 100%, with the 90% resulting from the question *I am knowledgeable about the drug trends in Arizona*. Overall, these results that 90% or more of facilitators and coordinators reported positive results indicated that they felt the training prepared them to offer the program.

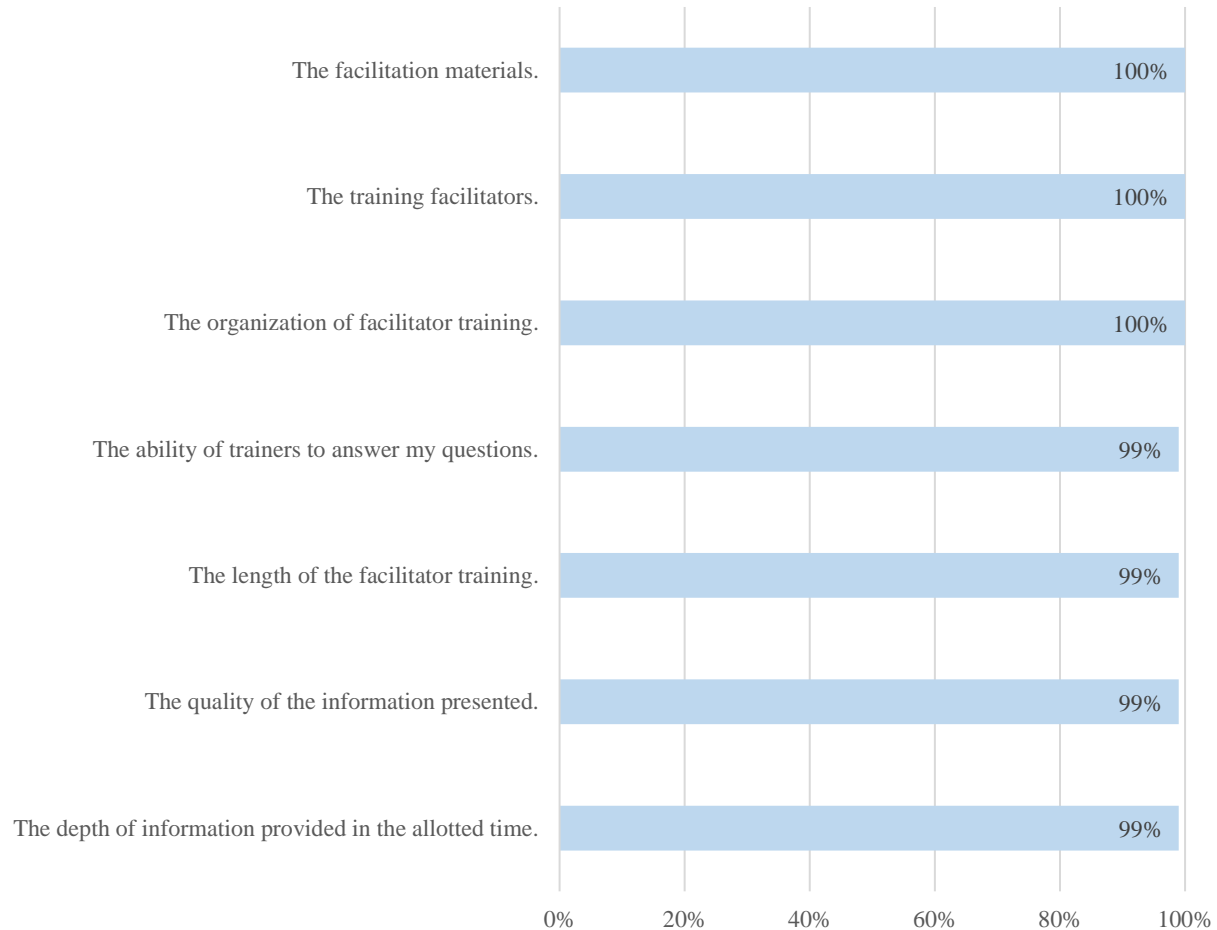
Figure 7. HFHY Facilitator and Coordinator Training Survey.
Percentage responding strongly agree or agree with each of the following questions.



The second set of items on the training post-survey asked participants to rate their satisfaction with various aspects of the training. The results for these questions are shown in Figure 8. For all questions, the vast majority of participants stated they were *Very satisfied* or *Satisfied*. The percentages of individuals who answered *Very satisfied* or *Satisfied* ranged from 99% to 100%. Thus facilitators and coordinators expressed overall high satisfaction with the training.

Figure 8: HFHY Facilitator & Coordinator Training Satisfaction.

Percentage responding *very satisfied* or *satisfied* with each of the following.



Facilitator and Coordinator Training Open-ended Results

Training participants were also asked a series of open-ended questions to give them the opportunity provide further feedback on the training. There were a series of five questions that were asked to determine what improvements could be made to the training.

The first question asked: *Do you believe this program will be a success? Why or why not?* The majority of individuals who responded did believe that the program would be a success citing

reasons ranging from the strength of their facilitating team, the organization of the program and the need for this type of programming in the community. A few facilitators & coordinators were not sure if the program would be a success with the challenge of engaging community members cited as a potential barrier. Similarly, there was only one individual who did not believe the program would be a success and this person explained that the program would not be relevant for the community.

The second question asked: *Would you benefit from further training on drug trends in Arizona? Why/Why not?* The majority of participants answering this question cited they would benefit from further trainings, many explaining the more knowledge they have the more capable they would be at helping students; several mentioned how the ever changing drug landscape makes it necessary to stay on top of drug trends. The responses to this question seem to validate the findings from the previous section of the survey where the question with the lowest level of agreement asked about participant's knowledge of drug trends in Arizona. There were a few who stated they would not benefit from further training, not with the same frequency as desiring further training.

The third question asked: *Which part of the training was most beneficial?* The most common response participants gave was the ability to practice facilitating their session, specifically role playing like it was the night of the event. Participants explained how they benefitted from doing the observations of the sessions before doing their role play. Several participants expressed how they were grateful for the hands-on nature of the training, and they were able to ask trainers questions and receive feedback. Participants also explained they benefitted from the script, PowerPoint, the videos, the new statistics and information, as well as the skills of the facilitators.

The forth question asked: *What steps can be made to improve the training?* The majority of respondents explained that they had no suggestions for improving the training. However, there were a few suggestions made. Two individuals mentioned they wished they had been given more guidance prior to the training in regards to budgeting and conducting a pre-training meeting. Several participants expressed a desire for more practice to be incorporated in the training, and a few others mentioned a desire to have more realistic/relevant videos and the opportunity to practice for real-life scenarios. Finally, a few individuals mentioned a desire for greater flexibility in the implementation of the curriculum, specifically in regards to adhering to the script.

Finally, participants were asked: *Do you have any additional comments or suggestions about the facilitator training?* Most comments were positive complimenting the program and expressing gratitude and excitement for the upcoming events. The only negative comments were about a few typos in the presentation and the difficulty tracking the slides and presenter's words during the presentation.

SIRC Staff Observation Results



Table Setting HFHY Snowflake, AZ

Over the course of the HFHY Pilot Program implementation, SIRC staff was on hand to administer surveys, but also observe the program implementation. At each HFHY event (Appendix A, HFHY Calendar), there was at least one representative from SIRC in attendance. While observing the program, SIRC staff made note of various observations made over the course of the program implementation. Though these observations were not a formal fidelity observation, this step was taken to ensure no major alterations were made to the curriculum or program implementation. SIRC did not note any substantial alterations to the program, but there were other notes made, both positive and negative, related to the program implementation. The most common observation made by SIRC staff was in regards to the use of technology. The majority of schools had no issues in the use of technology, but a few schools had issues playing the videos embedded in the PowerPoints, and other schools had issues with the audio, be it too quiet, or not playing at all. While there were issues in regards to technology, these were addressed by the facilitators with minimal impact to program implementation. Additionally, SIRC had many positive observations while observing the HFHY Program. Several noted the high level of engagement by both the youth and their parents, and the level of participation in the discussions.

Facilitator and Coordinator Post-Program Survey Notable Comments

Facilitators and coordinators were asked to complete the Post-Program survey online in the days following the event. As of this writing, not all surveys were completed and thus the results will be published in the next report. However, already there were many notable comments, some of which are reported here.

Table 7: Facilitator and Coordinator Post-Program Survey Notable Comments.

The activities and dynamics of the program were effectively designed to strengthen teens, and make them conscientious about the choices they make in life. The pressure points were an essential hands-on manipulative to teach them to positively cope with daily stress.

I saw the value in the material but had to ask the 7th graders to calm down frequently and just to be sure some of the important points were repeated.

The program did a good job of helping youth feel more prepared when approached with the option of partaking in drugs and alcohol use.

I believe the communication during the family time was the most beneficial, seeing some of the interactions between the families and their youth made it seem that it was the first time parents were realizing what some of the stress factors were for students.

Having a meal together and a planned, organized conversation was awesome. This is great because many families are so busy/tired by mealtime that they forget the important stuff.

I would love to see this program continue and be introduced to more participants in our community. My main concern is the length of time that it took... I felt like we were losing some of the participants towards the end.

Been here 30 years and I was amazed at the parents and students working together to form a plan for saying no. I felt that the material was non-threatening and blameless which gave our parents and students the freedom to carry on serious discussions.

Healthy Families-Healthy Youth is a program that should be presented in every school. From its roots to its implementation, the program has been created to humanely approach families who have, or are suffering the devastating consequences of substance abuse.

Conclusion

The Healthy Families Healthy Youth Pilot Program initial results from youth, adults, facilitators and coordinators were all very positive. The results of the Post-Program Youth Survey indicated that immediately following the completion of the program, youth believed the program had both influenced and impacted them in positive ways. Preliminary results for adults also showed that adults perceived a programmatic impact immediately following the completion of the program.

Participants, both youths and adults, reported positive impacts associated with participating in the program. Further, the vast majority of adults said they were very satisfied with the program, and youth expressed that the program had a positive influence. Although there were very positive results expressed on the survey, adults and youth both offered constructive feedback for future iterations of the program.

Finally, the facilitators and coordinator training was a success according to the vast majority who participated. There were across the board positive responses related to the trainers and their readiness to facilitate the program.

Recommendations

Along with the positive results from the surveys, there were a few ideas mentioned for how to improve the Healthy Families Healthy Youth program:

- Allow for greater participation and interaction in the adults only session.
- Make the program feel “more natural” and less scripted.
- Coordinate with 7th grade teachers to minimize homework responsibilities on the night of the program.
- Use success of pilot-program for recruitment efforts in the coming years.
- Offer more guidance to coordinators on how to allocate budgets.
- Time the program so it is either shorter, or takes place earlier as several parents were concerned about the 8 PM finish time.
- Provide follow-up sessions via webinar for families to go through together.
- Provide citations for data used in the presentation.

For future evaluations of the HFHY program, a more formalized fidelity observation form may be useful, as this could provide more insight and context for results from each event.

Additionally, having attempted to collect post-training surveys and post-event surveys from facilitators and coordinators using online survey software, it may be beneficial to conduct paper versions of these surveys immediately following the training and event. This could help ensure better survey participation.

Appendix A: HFHY Pilot Program Calendar

September 2016						
◀ July 2016						September 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6 Event -5:30pm Snowflake- Navajo County	7 Event-5:30pm Queen Creek-Pinal County	8 Event-6:00pm Bisbee- Cochise County	9	10
11	12 Event Tucson-6:00pm Pima County Ft. Thomas-5:30pm Graham County	13	14 Event Rio Rico- 5:30pm Santa Cruz County	15 Event Kingman-5:30pm Mohave County	16	17 Event 11:00am Yuma – Yuma County
18	19	20 2 Events Williams –5:30pm Coconino County Yuma – 4:30pm Yuma County	21 Event Parker –5:30pm La Paz County	22 Event- Prescott – 5:30pm Yavapai County Parker – 5:30pm La Paz County	23	24
25	26	27 Event -5:30pm Prescott – Yavapai County	28 Events Payson- 6:00pm Gila County Rio Rico- 5:30pm Santa Cruz County Morenci-5:00pm Greenlee County	29 Event Morenci-5:00pm Greenlee County	30	
October	24	25	26	27 Chandler-5:30pm Maricopa County	28	